

HealthQuest Wellness Champion Network Monthly Webinar

Thursday, August 14 at 11:00-11:45am

Toll-free call in number: 1-800-391-9177 Conference Code: 399 756 1793# Sign in with full name of all attendees Press *6 to mute/unmute your line or Mute your personal line Please check the volume on your phone

Agenda

- Welcome New Champions!
- 10 Vital Behaviors of a Self Leader (Jack Bastable, CBIZ)
 - Champion Sharing of Vital Behaviors #6 + 7
 - Introduce Vital Behavior #8
- Agency Wellness Programs
 - Programming Ideas
- Champion Sharing
- Feedback
 - New HealthQuest Portal Homepage

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Best Wishes to Julie Faust!

Julie's last day with the State Employee Health Plan was August 7, however she is now working for University of Kansas and will continue to be involved with HealthQuest as a Wellness Champion!

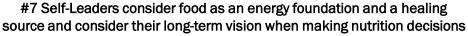


Welcome New Champions!











#7 Self-Leaders consider food as an energy foundation and a healing source and considers their long-term vision when making nutrition decisions

- They have learned the skills to shop for, choose and prepare highly nutritious food options, based on their personal nutritional requirements
- They resist quick, unhealthy choices
- They manage stress and energy levels by never sitting more than 45 minutes at a time and keep healthy metabolism by eating often, never going more than four hours without nutrition

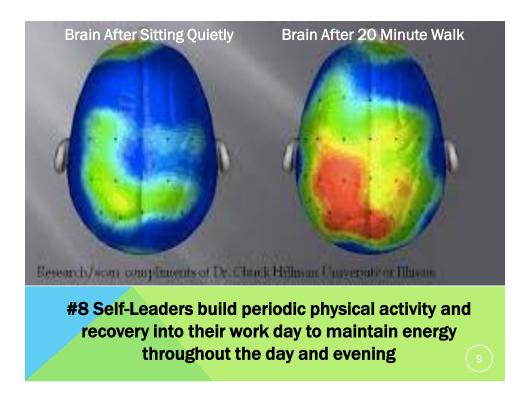
Resources:

www.choosemyplate.gov

www.cspinet.org

www.heart.org (click "Getting Healthy" and "Nutrition Center")

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#8 Self-Leaders build periodic physical activity and recovery into their work day to maintain energy throughout the day and evening

- · Understand how daily activity impacts their productivity and energy
- · Have developed skills for moving during the day, never sitting more then 45 minutes at a time
- Take advantage of activity and asks "how could I be more active?"
- · Develops and maintain proper sleep habits

Resource:s

www.KansasHealthQuest.com www.sparkinglife.org - SPARK, by John Ratey www.mapmyrun.com

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Programming Ideas

http://www.ideafit.com/fitness-library/pedometer-programs

https://aom3.americaonthemove.org/

www.presidentschallenge.org

http://www.sparkpeople.com/resource/fitness_articles.asp?id=1205



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Agency Wellness Program

- Self-Report Form category on the wellness portal for 5 credits
- To be used for agency wellness programs that and can be promoted as an opportunity to earn 5 credits
- A completion certificate will need to be provided to completers with a code to enter into the Self-Report Form (required to submit the form)
- Please submit your agency program idea to HealthQuest for approval



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Pedometers and Portion Plates Available!





For your chance to receive pedometers or portion plates to use for your health promotion program/project, please submit your idea to Marissa.Kalkman@alere.com

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Tell Us What You're Planning!

Do you have a health promotion initiative planned for your location?

Are you looking for a way to reward your co-workers or encourage them to participate in your program?

HealthQuest can help! For your chance to earn pedometers or portion plates to use for your initiative, please submit a proposal to Marissa.Kalkman@alere.com with this information:

- Description of the program/project you have planned
- 2. The number of items you need
- A commitment to share the results of your initiative with champions during a future webinar

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Supplies are limited. Proposals will be reviewed and responded to in the order that they are received

Champion Sharing

Wellness - From Attitude to Action

Bill Heiman

http://www.kansasgreenteams.org/green-guide

Cheryl Wiley

http://ahealthieramerica.org/

Vanessa Newton

Office Exercise videos at KU



Feel free to share any additional ideas, information, resources – you can also post to <u>HealthQuest on Facebook</u> #attitudetoaction

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HealthQuest Program Extension

- The HealthQuest program end date is being extended to November 15, 2014
- The benefits of participating are still available and you may continue to use the tools and resources on the portal
- The next HealthQuest program year will be November 16, 2014 – November 15, 2015

There's more time to earn the rewards of good health!

The end date for the HealthQuest program is
extended to November 15,2014.



Thank You for Attending Today!

Next Meeting is Thursday, September 11, 11:00-11:45am

Secret Question:

Open Questions / Comments